



WHATSheATE



## Pumpkin Cream Cheese Swirl Bars



Vegetarian



Popular

READY IN



45 min.

SERVINGS



24

CALORIES



113 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 240 grams pumpkin canned
- ☐ 8 oz cream cheese softened
- ☐ 1 large eggs
- ☐ 2 large eggs
- ☐ 220 grams flour all-purpose
- ☐ 48 grams granulated sugar

- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.3 teaspoon salt salted (omit if using butter)
- ☐ 6 tablespoons butter unsalted melted
- ☐ 0.3 teaspoon vanilla
- ☐ 0.3 cup water

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk

## Directions

- ☐ Mix together the butter and sugar. With a mixing spoon or whisk, beat in eggs, pumpkin, and water until well blended, scraping down sides of bowl as needed.
- ☐ Mix flour, cinnamon, baking soda, baking powder, and nutmeg together; stir into batter.
- ☐ Spread all but a few tablespoons batter evenly in prepared pan. Reserve the few tablespoons of batter
- ☐ Swirl: In a second bowl, beat cream cheese, sugar and vanilla until smooth.
- ☐ Add egg and beat just until it's mixed in. Drop tablespoons of cheese mixture over pumpkin batter, then drag a knife through to make marbles. Drop reserved tablespoons of pumpkin batter over top. The reason for this is, there's a lot of white batter, so putting a few tablespoons of pumpkin batter on top gives more of a contrast.
- ☐ Bake on center rack until pumpkin batter springs back when touched, about 30 minutes.
- ☐ Let cool completely in pan, then chill for an hour or more.
- ☐ Cut into 24 bars.

## Nutrition Facts



 PROTEIN 8.66%  FAT 54.35%  CARBS 36.99%

## Properties

Glycemic Index:16.21, Glycemic Load:6.63, Inflammation Score:-8, Nutrition Score:4.3191303844037%

## Nutrients (% of daily need)

Calories: 112.64kcal (5.63%), Fat: 6.87g (10.56%), Saturated Fat: 3.97g (24.81%), Carbohydrates: 10.51g (3.5%), Net Carbohydrates: 9.9g (3.6%), Sugar: 2.75g (3.06%), Cholesterol: 40.43mg (13.48%), Sodium: 94.59mg (4.11%), Alcohol: 0.01g (100%), Alcohol %: 0.04% (100%), Protein: 2.46g (4.93%), Vitamin A: 1806.14IU (36.12%), Selenium: 5.93µg (8.47%), Vitamin B2: 0.1mg (6.04%), Folate: 21.91µg (5.48%), Vitamin B1: 0.08mg (5.29%), Manganese: 0.1mg (5.18%), Iron: 0.71mg (3.93%), Phosphorus: 38.74mg (3.87%), Vitamin B3: 0.6mg (2.98%), Fiber: 0.61g (2.45%), Calcium: 23.84mg (2.38%), Vitamin B5: 0.23mg (2.34%), Vitamin E: 0.34mg (2.29%), Vitamin K: 2.13µg (2.03%), Copper: 0.03mg (1.61%), Magnesium: 6.2mg (1.55%), Potassium: 53.16mg (1.52%), Zinc: 0.22mg (1.44%), Vitamin B12: 0.08µg (1.37%), Vitamin B6: 0.03mg (1.3%), Vitamin D: 0.18µg (1.18%)